



Eagle's Nest

Augusta-Gardiner Composite Squadron Newsletter
April 2006 Issue #2

Commander's comments

The first Field Training Exercise (FTX), held jointly with the Waterville Composite Squadron was awesome! From what I saw, everyone had a great time learning new skills, developing leadership abilities, and most important, having fun with friends. The teambuilding scenarios were some of the best I've experienced - obviously thanks to careful planning, outstanding creativity, and motivated participants. As usual with our squadron activities, we topped off the event with real good chow. Our friends at Waterville agree that this was so successful, that it will be the first of many such weekends - each with a different theme.

Some ideas include a weekend devoted to Aerospace that includes 0 Flights and rocketry, a local mission that includes our pilots, and a camping trip dedicated to wilderness and Emergency Services skills. We'll precede this with classroom instruction in the proper use of map & compass and how to live well in the outdoors. I'm especially excited about a communications field exercise that simulates a disaster. Hopefully working with our Wing communication staff and resources, I envision a scenario which will force us to work as a team rigging emergency antennas, running off batteries and generators, and relaying messages due to repeater failure.

Coming up is a busy season of local and statewide activities. Airman Academy gets things rolling which means our Summer Encampment is not far behind. I'm sure that we will participate in a Memorial Day parade, as well as fundraisers, the EAA fly-in at Norridgewock, and the Greenville floatplane fly-in. Remember to sell raffle tickets for that beautiful motorcycle (even though I'm sure I'll win - sorry Capt Fellows). ;-D The success of this project will benefit many people in many ways.

I could go on because there are so many chances for us to provide service and have fun. Let's celebrate the joys of our having the

wisdom of our dedicated old timers, the enthusiasm of our newbie's, and our continued success at recruiting cadets and seniors who are sure to become wonderful assets to our program. Seniors: work on your professional development and ES skills. Cadets: prepare yourselves to take advantage of the exciting opportunities offered by the cadet program (especially National activities). Everyone: we need an Aerospace Education Officer!!! Please help me find one. Thank you all for giving so freely of your time and talents!

Maj Doug Grosso
Squadron Commander

We would like to invite parents, family and friends to participate in any of our promotion ceremonies, or any event their interested in. Visitors are also welcome at any time, please feel free to call or drop by and please bring a friend. For information or questions:

Contact Capt Dale J. Fellows at 622-2012

A SPECIAL THANK YOU

The Augusta-Gardiner squadron would like to make a very special thank you to **Panera Bread** in Augusta. Panera Bread was very gracious and donated all kinds of breads, pastries, pies, cookies, bagels and other goodies for our FTX last month. We gratefully and humbly thank you.

SM Laura Minoty PAO

JUST A REMINDER

Our motto is "Number one gets it done".



New Cadets

We would like to welcome the following new cadets: **Tasheena Vann, Lihanna Sukeforth, Shane Picket and Andrew Caron.**

New Senior Members

SM Tia Roberts

Promotions

Congratulations to the following cadets on their promotions: **C/CMSgt Adric Marenius, C/TSgt Michael Simmons and C/SrA Keenan Vann**
Job well done and were proud of you.



Coming Events

- April 6, BDU**
Inspection, Leadership, Testing and Jobs
- April 13, BDU**
Drill and Ceremonies, Emergency Services
- April 20, PT Clothes**
Drill and Ceremonies, CPFT and Jobs
- April 27, Blues**
Moral Leadership, Aerospace Education
(Subject to change)



Special Event May 5-7 FTX Weekend

AGCS will be hosting a **F**ield **T**raining **E**xercise at the Augusta Hanger. Arrival on the 5 Th at 1800 hours and departing at 1600 hours on the 7 Th. The purpose of the FTX will be Aerospace Education oriented. Cadets will include o-flights; communications based missions, as well as a few surprises. More information on the next FTX will be coming soon. This will help prepare the cadets for when AGCS is activated during times of emergencies.

Every cadet will need to bring a form 31 (filled out and signed), \$20.00, a sleeping bag, pillow, towel, toiletries, 3 t-shirts, 3 underwear, 3 pairs of socks, BDU's, PT clothes, and winter gear. Any questions, please contact Lt. Roberts at

fenruswolf@yahoo.com

Lt. Roberts



About the FTX

The FTX was a very good experience for both cadets and senior members. Some of the training we received as cadets was in first aide and radio operations. These classes were a serious benefit to all of us, as we will use this information on future missions. Another thing that we learned was to do a proper change of quarters and to properly fill out a report. I know that the cadets from the Augusta-Gardiner squadron and the Waterville squadron will use the training we received and put it to effect weather in the field, at a CAP function or just out in public.

C/TSgt Michael Simmons

The March FTX

The March FTX went on without a hitch. We had developed a great partnership with the Waterville Squadron and are grateful for their participation.

Senior members from both squadrons were very impressed with the behavior, professionalism, effort, and team work from both squadrons, especially since most of the cadets were new. Each mission you were tasked with was completed timely, and thoroughly. Great job, my confidence in you has grown in leaps and bounds. I can't wait to do this again.

Lt. Roberts

Last month's activities

We had a wonderful month last month. Our FTX went very well and we all had a lot of fun. Aerospace Education and Emergency Services were exceptional as well. We've gotten quite a few new cadets in the past couple months so our squadron is growing by leaps and bounds.

SM Laura Minoty PAO



Thought I would include a rough draft of our new squadron patch, keep in mind it's subject to change.



Special Notice

The wing patch is no longer to be worn on the AF style blues shirt or on any other AF style outer garments, (light weight jacket, all weather coat, pullover sweater, etc) The wing patch is now optional on BDU's, CAP field jackets and utility uniforms, and flight suits. The patch must be removed by the first of August 2006. The patch is still placed on the left shoulder ½ inch below the shoulder seam on the BDU's and the wing patch on the flight suits, field jackets and the utility uniforms is still worn on the right sleeve ½ inch below the shoulder seam.

C/AB Alexis Scott
Regulations Officer



Cadet of the month



C/Maj Madison Dillingham

Madison joined CAP in March of 2000, so she just reached her sixth year anniversary. She is the cadet commander and has just won the Air Force Association Award to outstanding CAP cadets. This is an annual award to recognize an outstanding cadet in each squadron. C/Maj Dillingham received this award for being an outstanding, dedicated, reliable, mature cadet, commander, top student and an active leader in many state wide (wing) activities, including summer encampments. Madison lives in Sabattus, Maine and attends Oakhill High School, where she is a senior. She is on the National Honor Society and the Spanish Honor Society. Her area of sports likes are softball and indoor/outdoor track. Her goals after high school are to go to college and the military. Her ultimate long term goal is to be a Black Hawk pilot. What an awesome goal. I asked Madison what she liked the best about being in CAP, and she said she liked riding in the Black Hawk and the KC-135, repelling, biv-wacking, friends and leadership experiences. I also asked her what was the hardest thing about being in CAP and she said it was the first time she ever went repelling, but once she did it, she wanted to go right back and do it again because it was so much fun.

SM Laura Minoty PAO



Extra, Extra Read all about it.

From Capt Fallon UCC Director,

The Massachusetts Wing will be holding a Unit Commanders Course on June 10 and 11 2006. It will be held at the Family Support Center at Hanson Air Force Base.

Attendees must complete a CAPF 17 Application for Senior Members Activities and send it to:

Ray Fallon, Capt, CAP UCC Director

MAWG/HQ

Professional Development

P O. Box 710039

No. Quincy, MA 01271-0039

From Lindon Christie, Jr. Lt. Col. Maine Wing DAE

Senior members who have not earned a Yeager Certificate are encouraged to do so, either by going on line or asking for the two hour open book by Maine Wing DAE.

Health Hints

Are the so-called good fats really good for you?

By Suzanne Havala Hobbs, DrPH, MS, RD

Fats turn up in many foods and yes some healthy ones. A quick way to spot them is to look for the foods that tend to be highest in calories, as those are also highest in fat. Now, generally, fats that come from plant sources are better for you than fats from animal sources. Plant fats-such as oils in olives, nuts, seeds, flax and avocados-are rich sources of vitamin E, and essential fatty acids, which include omega-3 fatty acids and are heart-healthy monounsaturated fats. There's no single recommendation for the amount of vegetable fat to include in your diet. Just like anything, if you overdo even good-for-you fats, you'll pay a health price in excessive calories and fat grams. For help with weight control, instead of snacking on nuts and seeds by the handful, sprinkle a tablespoon or so on salads and casseroles. You still enjoy their flavor and their wholesome attributes, just without loads of extra fats.



Kid's quick and healthy recipe

Peanut Butter Panini with apples and raisins

Serves 4 • Prep time 30 min or fewer

Raisins and apples add fiber and flavor to the beloved PB&J. Low-fat whole-grain waffles are a fun, healthful alternative to bread. Try these for breakfast.

¼ cup golden raisins, ¼ cup peanut butter, 2 Tbs. honey, 8 3 ¾ -inch round low-fat, whole-grain waffles, 1 Fuji apple, cored and sliced into 1/8-inch thick pieces, 4 Tbs. all-fruit jam, such as raspberry or strawberry, 2 tsp. unsalted butter.

1. Combine raisins, peanut butter and honey in small bowl; stir to blend. Divide among 4 waffles, and spread to cover. Top each with several apple slices.

2. Spread 1 Tbs. jam on each of the 4 remaining waffles; place jam side down on peanut butter-topped waffles.
3. Heat 1 tsp. butter in large nonstick skillet over medium heat. Add waffle sandwiches and reduce heat to medium-low. Place another skillet over the waffles, making sure it rests evenly on waffles. Cook waffle Panini 1 ½ minutes. Flip Panini, add remaining 1 tsp. of butter to skillet, and slide Panini around skillet to coat with melted butter. Replace top of skillet and cook 1 more minute, or until lightly browned. Cut each Panini in half and serve with any remaining apple slices

Per serving: 391 cal; 10 g prot; 12.5 g total fat; (3.5 g sat. fat); 64 g carb; 10 mg chol; 756 mg sod; 5 g fiber; 28 g sugars

“TALON’S” Funny Page

Ponder this:

Since bread is square, then why is sandwich meat round?

Why do you have to “put your two cents in”, but it’s only a “penny for your thoughts?” Where’s that extra penny going to?

What disease did cured ham actually have?

Ending remarks

Due to one meeting night canceled due to bad weather and quite a few being absent this month due to illnesses we didn’t get all articles in on time. I’m glad that everyone is feeling better and that the weather has gotten warmer. We finished the month with a pot luck dinner and fun night with plenty of games and other activities for all. Please make note of my new e-mail address if you would like to contact me. If anyone, including family and friends, have any ideas, funnies, health hints or healthy recipes, thoughts or comments, please contact me at laura.minoty@adelphia.net or you can call at 293-4920.

Thank you

SM Laura Minoty PAO

